

BREAKFAST MENU

EGG MEALS*

Served with hash browns, fruit, or tomato slices and toast or pancakes.
Substitute cottage cheese for potatoes +

Two Eggs Your Way

Two Eggs Your Way with Breakfast Meat

Choose between bacon, sausage links, sausage patties, canadian bacon, or baked ham off the bone

CONTINENTAL TWOSOME

Two eggs your way with two pieces of bacon, two pieces of sausage, two pancakes or two french toast wedges and a small juice
Add coffee or tea +

Two Scrambled Eggs with Lox and Onions

Two Eggs with Corned Beef Hash

OMELETTES*

Served with hash browns, fruit, or tomato slices and toast or pancakes.
Substitute cottage cheese for potatoes +

SUBSTITUTE EGG WHITES OR EGG BEATERS +

Lox and Onion

Ham & Cheese

Denver

Green peppers, onions, and ham

Mediterranean

Feta cheese, tomatoes, and onions

Florentine

Spinach, mushrooms, bacon, and cheddar cheese

Chorizo

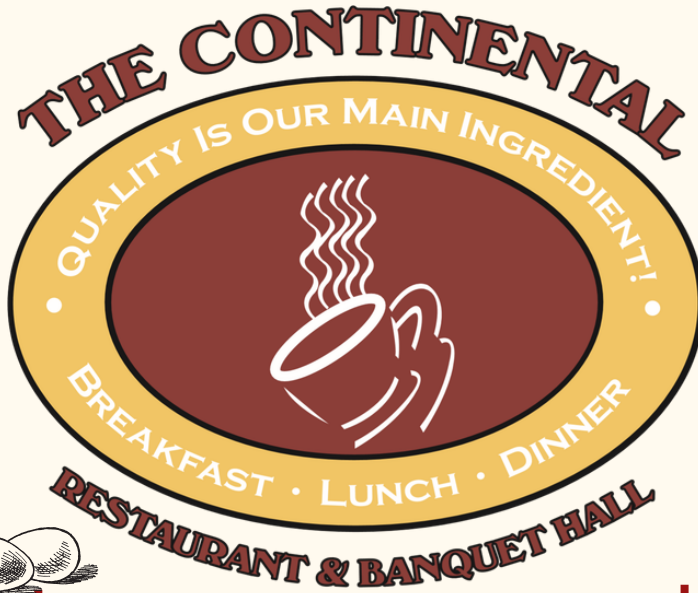
Tomatoes, onions, jalapeño peppers, avocado and Chihuahua cheese

Vegetarian

Spinach, onions, peppers, mushrooms and tomatoes

Continental

Ham, onions, peppers, mushrooms tomatoes, asparagus and your choice of cheese



MEATLOVER'S BREAKFAST*

Served with 3 eggs, hash browns, fruit, or tomato slices and toast or pancakes.
Substitute cottage cheese for potatoes +

Chopped Sirloin & Eggs

Skirt Steak & Eggs

New York Strip & Eggs

Pork Chop & Eggs

Athenian Gyros & Eggs

BREAKFAST SPECIALS*

Fried Matzo

w/ Salami
w/ Lox

Hopple Popples

Scrambled eggs mixed with sautéed green peppers, onions, salami chunks and breakfast potatoes. Served with toast

Original Breakfast Wrap

Scrambled eggs in a tomato wrap with onions, peppers, mushrooms, and melted cheddar cheese

Popeye Wrap

Scrambled eggs in a spinach wrap with bacon, tomatoes, spinach and melted cheddar cheese

Southwestern Wrap

Scrambled eggs in a tomato wrap filled with sausage links, jalapeño peppers, tomatoes and melted mozzarella cheese

SKILLETS*

All skillets are topped with cheese (except vegetarian skillet) and two eggs your way.
Served with toast or pancakes

Portabella Mushroom

Portabella mushrooms, onions, crisp bacon and asparagus

The Original

Ham, onions, and mushrooms

South of the Border

Sausage, jalapeño peppers, and tomatoes

Corned Beef Hash

Corned beef hash, onions, green peppers, and tomatoes

Popeye

Bacon, tomatoes, and spinach

Chorizo

Chorizo, jalapeño peppers, tomatoes, onions, avocado and Chihuahua cheese

Vegetarian

Broccoli, asparagus, tomatoes, mushrooms, peppers, and onions

Skirt Steak

Skirt steak, mushrooms, onions, tomatoes and mozzarella cheese

BENEDICTS*

Served with hashbrowns or fruit
Substitute cottage cheese +

Eggs Benedict

Canadian bacon, two poached eggs and hollandaise sauce atop a split English Muffin

Eggs Florentine

Spinach, two poached eggs and hollandaise sauce atop a split English Muffin

Las Vegas Benedict

Diced Canadian bacon and crabmeat, two poached eggs and hollandaise sauce atop a split English Muffin

Portabella Benedict

Two poached eggs and hollandaise sauce atop two grilled portabella mushrooms



*The Illinois Department of Public Health advises that eating raw or undercooked meat, poultry, eggs, or seafood poses a health risk to everyone, but especially to the elderly, children under the age of four, pregnant women and other highly susceptible individuals with compromised immune systems. Thorough cooking of animal food reduces the risk of illness. For further information contact your physician or public health department.

PANCAKES

Buttermilk Pancakes

Fruit Pancakes

Your choice of strawberries, blueberries, cherries, warm cinnamon apples, or bananas

Pecan Pancakes

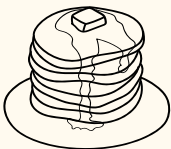
Potato Pancakes

Served with sour cream and apple sauce

Pigs-In-A-Blanket

Sausage rolled in three light, fluffy buttermilk pancakes

Silver Dollar Pancakes



Five
Ten
Fifteen

WAFFLES

Belgian Waffle

Pecan Waffle

Fruit Waffle

Your choice of strawberries, blueberries, cherries, warm cinnamon apples, or bananas

Waffle Alaska

Topped with vanilla ice cream, strawberries and a cloud of whipped cream

SIDES

Breakfast Meat
Hashbrowns
Corned Beef Hash
One Egg
Toast
Bagel
with Cream Cheese
Bowl of Fresh Fruit
Bowl of Oatmeal

BEVERAGES

Coffee or Tea
Plain Milk
Chocolate Milk
Hot Chocolate
Juices
Apple, Orange, Grapefruit, Tomato, Grape, Pineapple
Soft Drinks
Iced Tea



FRENCH TOAST

French Toast

Your choice of thick or thin toast

Fruit French Toast

Your choice of strawberries, blueberries, cherries, warm cinnamon apples, or bananas

Egg White

French Toast

Three slices of whole wheat toast dipped in egg whites
With turkey bacon +

Cinnamon Raisin

French Toast

Cinnamon Roll

French Toast

Served with cream cheese frosting

CREPES

Plain Crepes

Fruit Filled Crepes

Strawberry, blueberry, cherry or warm cinnamon apple

Strawberry & Sour Cream Crepes

Cheese Blintzes

With fruit +

Our kitchen will do it's best to accommodate any special requests at a small additional charge.

HEALTHY START

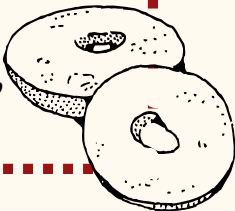
Lox Sandwich
Two toasted bagels, one cup of cream cheese, tomatoes, cucumbers, and onions

Lox Platter
Three toasted bagels, two cups of cream cheese, tomatoes, onions, cucumbers, and olives

Hawaiian Delight
A half pineapple filled with a variety of fresh fruit, served with cottage cheese and raisin toast

Health Club Combo
Two Egg Beaters served with fresh fruit and a toasted bagel

Loaded Bagel
Toasted bagel with cream cheese, tomato, cucumber, and onion



DE-LITES*

Served with tomato slices and orange juice

Continental Tasty Protein Breakfast
Four scrambled egg whites and an 8 oz. broiled ground turkey patty

Low-Fat Fitness Omelette
Egg whites loaded with fresh mushrooms, broccoli, and diced tomatoes. Served with wheat toast

Smoked Ham-Off-The-Bone and Egg Whites
Chicken, Cheddar and Broccoli Egg White Omelette
Served with wheat toast

Lite & Lively
A bowl of oatmeal served with fresh fruit, whole wheat toast, and a small glass of milk